

AN ANALYSIS OF TEN
COLLEGE HEALTH EDUCATION
TEXTBOOKS

BY

JOHN H. COOPER, B. A.

A FIELD REPORT

Submitted in Partial Fulfillment of the Requirements
for the Degree of Master of Science in Education
in Drake University

Des Moines, Iowa

January, 1952

1952
C78

AN ANALYSIS OF TEN
COLLEGE HEALTH EDUCATION
TEXTBOOKS

BY

JOHN H. COOPER, B. A.

Approved By:

E. F. Voltme
Chairman

Henry Woodworth

Committee

Herbert W. Bohman
Dean of Graduate Division

125972

ACKNOWLEDGMENT

The writer is greatly indebted to Dr. Edward F. Voltmer who suggested the problem and kindly gave his helpful direction throughout the entire study.

TABLE OF CONTENTS

	Page
LIST OF TABLES	v
Chapter	
I. INTRODUCTION	1
Purpose	
Procedure	
II. INDIVIDUAL TEXTBOOK ANALYSES	4
III. SUMMARY AND CONCLUSIONS.	24
BIBLIOGRAPHY	34

LIST OF TABLES

Table		Page
1.	Analysis of the Book, <u>A Textbook of Healthful Living</u> , Harold S. Deihl.	4
2.	Analysis of the Book, <u>Health Facts for College Students</u> , M. L. Etheredge.	6
3.	Analysis of the Book, <u>Physiological Hygiene</u> , C. P. Hickman.	8
4.	Analysis of the Book, <u>Fundamentals of Health</u> , T. B. Kirkpatrick and A. F. Huetner.	10
5.	Analysis of the Book, <u>Orientation in School Health</u> , C. B. Langton.	12
6.	Analysis of the Book, <u>Hygiene</u> , F. L. Meredith	13
7.	Analysis of the Book, <u>Living</u> , T. B. Rice	16
8.	Analysis of the Book, <u>Introduction to Health Education</u> , J. R. Sharman	18
9.	Analysis of the Book, <u>A College Textbook of Hygiene</u> , D. F. Smiley and A. G. Gould.	19
10.	Analysis of the Book, <u>School Health and Health Education</u> , C. E. Turner	21
11.	Combined Analysis of the Ten College Health Education Textbooks.	25

CHAPTER I

INTRODUCTION

The objective of this study is to determine what topics are considered as important in health education at the college level and to determine the relative importance of the various topics by compiling the total number of pages devoted to the individual topics. A review of the literature in this area was made and no other study of a similar nature was discovered.

Many of the steps and procedures used in this paper are modeled after a study in another field made at the State University of Iowa by Everett Joseph Steinheimer, in 1934, entitled "An Analysis of Textbooks and Periodical Literature Purporting to Deal with the Administration of Physical Education."

It is the author's hope that this study may prove to be of value to students and teachers of health education.

Purpose

The purpose of this study is to determine the amount of space, expressed in number of pages and percentages of

total pages, devoted to the various phases of college health education in ten textbooks selected from ten different publishers. The resulting tables are arranged so the reader may see at a glance the topics treated, the textbooks dealing with the various topics, and finally the extent of coverage in pages allowed to any topic or subtopic.

Procedure

A survey was made of card catalogues and indices and fifteen textbooks were selected from ten different publishing companies. The year 1940 was selected as the earliest date of publication and the analysis was confined to college health education textbooks. A limit of one textbook per company was set for the purpose of getting as broad a sampling as possible. Thus, for analysis, ten books were selected, one from each of the publishing companies. A list of the books used may be found in the Bibliography.¹

A master list of topics was compiled from the tables of contents and indices of these textbooks. This list was condensed and reorganized into a series of main topics with corresponding subtopics. Each of the textbooks was then analyzed for the space allowed each of the topics and subtopics, and the totals were tabulated.

¹See Bibliography, p. 35.

The following guides were arbitrarily chosen and followed in the analysis:

1. Frontispieces, introductions, title pages, prefaces, indices, appendices, glossaries, and tables of contents were not considered. Only the pages in the books dealing with reading matter, charts, figures, graphs, tables, forms, diagrams, and illustrations were analyzed.
2. Space was counted by pages and half-pages; from one-fourth to three fourths of a page was considered as half a page; more than three-fourths of a page was considered a page and less than one-fourth of a page was not considered.

Tables were then arranged for each textbook, showing the total number of pages devoted to each topic and subtopic, and the percent of the total pages dealing with each topic. A combined table was then devised showing the total number of pages for all ten textbooks allowed each topic and subtopic, and the percent of total pages covered by each topic.

CHAPTER II

INDIVIDUAL TEXTBOOK ANALYSES

Following are the detailed analyses of the ten college textbooks in health education which the author reviewed. Each textbook has been examined for content coverage according to number of pages and half pages given to the various topics and subtopics. The percent of the total pages devoted to each topic is then tabulated. Following each table is a brief summary pointing out significant facts regarding topic coverage.

TABLE 1

ANALYSIS OF THE BOOK
A TEXTBOOK OF HEALTHFUL LIVING, HAROLD S. DEIHL*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		113½	21.91
Cause and Control.....	29½		
Disease.....	30½		
Functional Disturbance.....	42½		
Injury and Accidents.....	11		
Dental Hygiene.....		10	1.93
Drugs, Stimulants, and Narcotics. Harmful.....	31½	31½	6.08

*New York and London: McGraw-Hill Book Company,
Inc., 1945.

TABLE 1--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Effective Use of Medical Science..		24	4.63
Cults and Quackery.....	9 $\frac{1}{2}$		
Physician.....	14 $\frac{1}{2}$		
Environmental Factors.....		51 $\frac{1}{2}$	9.94
Community.....	29 $\frac{1}{2}$		
Natural.....	22		
Glands of Internal Secretion.....		20 $\frac{1}{2}$	3.96
Growth and Development.....		84 $\frac{1}{2}$	16.31
Nutrition.....	47 $\frac{1}{2}$		
Exercise and Relationship.....	8 $\frac{1}{2}$		
Structure.....	28 $\frac{1}{2}$		
Health Situation.....		41 $\frac{1}{2}$	8.01
Future Problems.....	17 $\frac{1}{2}$		
Present Status.....	24		
Heredity.....		5 $\frac{1}{2}$	1.06
Immunity and Immunization.....		20 $\frac{1}{2}$	3.96
Program.....		16 $\frac{1}{2}$	3.19
Public.....	13 $\frac{1}{2}$		
School.....	3		
Sleep, Rest, and Fatigue.....		9	1.74
Fatigue.....	4		
Rest.....	1		
Sleep.....	4		
Social Hygiene.....		36	6.95
Reproduction.....	16		
Sex Education.....	20		
Special Senses.....		25	4.83
Ear.....	5 $\frac{1}{2}$		
Eye.....	19 $\frac{1}{2}$		
Systems of the Body.....		8 $\frac{1}{2}$	1.64
Total.....		518	100.00

Of the sixteen topics covered in this textbook over one-third of all the pages were devoted to "Bodily Disorder" and "Growth and Development." To the 21.91 percent covered by "Bodily Disorder" and the 16.31 percent allowed to "Growth and Development," the 9.94 percent devoted to "Environmental Factors" was added and the sum totaled nearly 50 percent of the total pages of the book concentrated in these three areas. "Heredity" with five and one-half pages, or 1.06 percent, of the total was covered by the fewest pages. "Systems of the Body" with 1.64 percent, "Sleep, Rest, and Fatigue" with 1.74 percent, and "Dental Hygiene" with 1.93 percent followed in that order.

TABLE 2
ANALYSIS OF THE BOOK
HEALTH FACTS FOR COLLEGE STUDENTS, M. L. ETHEREDGE*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		91	21.64
Cause and Control.....	5		
Disease.....	66½		
Functional Disturbance.....	19½		
Clothing.....		2	.48
Dental Hygiene.....		7½	1.78
Drugs, Stimulants, and Narcotics.		14	3.33
Harmful Vices.....	14		

*5th ed.; Philadelphia and London: W. B. Saunders Company, 1947.

TABLE 2--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Environmental Factors.....		24½	5.83
Community.....	12		
Home.....	11		
School.....	1½		
First Aid.....		22	5.23
Glands of Internal Secretion.....		9½	2.24
Growth and Development.....		44	10.46
Nutrition.....	32		
Structure.....	12		
Health Service.....		8½	2.02
Health Situation.....		15	3.57
Historical Aspects.....	5½		
Present Status.....	9½		
Heredity.....		9	2.14
Immunity and Immunization.....		4½	1.07
Mental Health.....		25½	6.07
Program.....		38	9.04
Sleep, Rest, and Fatigue.....		10½	2.51
Fatigue.....	3		
Rest.....	1½		
Sleep.....	6		
Social Hygiene.....		30½	7.25
Marriage, Before and After.....	13½		
Reproduction.....	17		
Special Senses.....		17	4.04
Ear.....	4½		
Eye.....	12½		

TABLE 2--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Systems of the Body.....		47½	11.30
Circulatory.....	12		
Excretory.....	1½		
Integumentary.....	7½		
Muscular.....	8		
Nervous.....	8½		
Respiratory.....	10		
Total.....		420½	100.00

The topic "Bodily Disorder" with 21.64 percent of the total pages ranked first in total coverage of the eighteen topics treated in this textbook. "Systems of the Body" with 11.30 percent, "Growth and Development" with 10.46 percent, and "Program" with 9.04 percent were grouped closely together in that order. "Clothing" was given the least number of pages, or .48 percent of the total. Next in rank was "Immunity and Immunization" with a percentage of 1.07.

TABLE 3

ANALYSIS OF THE BOOK
PHYSIOLOGICAL HYGIENE, C. P. HICKMAN*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		102	21.25
Cause and Control.....	13½		
Disease.....	48		
Functional Disturbance.....	36		
Injury.....	4½		

*3rd ed.; New York: Prentice-Hall, Inc., 1950.

TABLE 3--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Dental Hygiene.....		9	1.89
Drugs, Stimulants, and Narcotics.		14	2.91
Harmful Vices.....	9½		
Healing Agents.....	4½		
Effective Use of Medical Science.		6	1.25
Medicine Today.....	6		
Environmental Factors.....		20½	4.27
Sanitation.....	6½		
Sunlight.....	9		
Ventilation.....	5		
Glands of Internal Secretion.....		6½	1.35
Growth and Development.....		92½	19.27
Exercise and Relationship.....	5½		
Nutrition.....	61½		
Stages of Growth.....	7		
Structure.....	18½		
Health Situation.....		33½	6.98
Future Problems.....	1		
Historical Aspects.....	21		
Present Status.....	11½		
Heredity.....		10½	2.19
Immunity and Immunization.....		11½	2.39
Mental Health.....		25	5.21
Program.....		6	1.25
Individual.....	6		
Sleep, Rest, and Fatigue.....		8½	1.77
Fatigue.....	1½		
Sleep.....	7		
Social Hygiene.....		30	6.25
Reproduction.....	19		
Sex Education.....	11		

TABLE 3--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Special Senses.....		10	2.08
Ear.....	3		
Eye.....	7		
Systems of the Body.....		94½	19.69
Circulatory.....	27½		
Excretory.....	10½		
Integumentary.....	15		
Muscular.....	10		
Nervous.....	14½		
Respiratory.....	17		
Total.....		480	100.00

"Bodily Disorder" again ranked first in total pages with 102 for 21.25 percent of the total. "Systems of the Body" and "Growth and Development" followed with 19.69 percent and 19.27 percent respectively. A total of 60.21 percent of the 480 pages in the textbook was devoted to the three areas mentioned above. "Effective Use of Medical Science" covered the least number of pages with a percentage of 1.25 of the total.

TABLE 4

ANALYSIS OF THE BOOK
FUNDAMENTALS OF HEALTH, T. B. KIRKPATRICK AND A. F. HUETNER*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		64	11.62
Disease.....	34		
Functional Disturbance.....	30		

*Boston: Ginn and Company, 1941.

TABLE 4--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Drugs, Stimulants, and Narcotics..		4½	.82
Harmful Vices.....	4½		
Glands of Internal Secretion.....		24	4.35
Growth and Development.....		187	33.94
Evolution.....	14½		
Exercise and relationship.....	28½		
Nutrition.....	90		
Stages.....	46		
Structure.....	8		
Health Situation.....		33½	6.08
Present Status.....	33½		
Heredity.....		37½	6.81
Immunity and Immunization.....		28	5.08
Mental Health.....		28½	5.17
Sleep, Rest, and Fatigue.....		3	.54
Fatigue.....	3		
Social Hygiene.....		48	8.71
Marriage, Before and After.....	4½		
Reproduction.....	24		
Sex Education.....	19½		
Systems of the Body.....		93	16.88
Alimentary.....	9		
Circulatory.....	12		
Excretory.....	15½		
Muscular.....	9		
Nervous.....	14		
Respiratory.....	33½		
Total.....		551	100.00

With 33.94 percent of the total pages, "Growth and Development" ranked first with "Systems of the Body" in second place. While "Bodily Disorder" was allotted the most

pages in the first three textbooks, it ranked third with 11.62 percent of the total pages in this book. "Sleep, Rest, and Fatigue" with .54 percent, and "Drugs, Stimulants, and Narcotics," with .82 percent of the total pages were allowed the least amount of coverage.

TABLE 5

ANALYSIS OF THE BOOK
ORIENTATION IN SCHOOL HEALTH, C. B. LANGTON*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		81	13.21
Disease.....	78		
Functional Disturbance.....	3		
Dental Hygiene.....		27	4.41
Environmental Factors.....		201	32.79
School.....	108 $\frac{1}{2}$		
Sunshine and Light.....	56 $\frac{1}{2}$		
Ventilation.....	36		
Growth and Development.....		66 $\frac{1}{2}$	10.85
Nutrition.....	52 $\frac{1}{2}$		
Stages.....	3		
Structure.....	11		
Health Service.....		44 $\frac{1}{2}$	7.26
School.....	44 $\frac{1}{2}$		
Immunity and Immunization.....		29	4.73
Safety.....		57 $\frac{1}{2}$	9.38
School Personnel.....		59	9.62
Custodian.....	33 $\frac{1}{2}$		
Teacher.....	25 $\frac{1}{2}$		

*New York: Harper and Brothers, 1941.

TABLE 5--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Special Senses.....		36	5.87
Ear.....	14		
Eye.....	22		
Systems of the Body.....		11½	1.88
Alimentary.....	1½		
Circulatory.....	1		
Muscular.....	1½		
Nervous.....	3		
Respiratory.....	4½		
Total.....		613	100.00

"Environmental Factors" ranked first in total page coverage with 32.79 percent. "Bodily Disorder" with 13.21 percent and "Growth and Development" with 10.85 percent, the leaders in the previous textbooks, ranked second and third respectively in this analysis. "Systems of the Body," which ranked high in the first four books, was given the least coverage in this analysis.

TABLE 6

ANALYSIS OF THE BOOK
HYGIENE, F. L. MEREDITH*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		156½	21.31
Disease.....	96½		
Functional Disturbance.....	39½		
Injury.....	20½		

*3rd ed.; Philadelphia: The Blakiston Company, 1941.

TABLE 6--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Clothing.....		9	1.23
Dental Hygiene.....		12½	1.70
Drugs, Stimulants, and Narcotics.		19	2.59
Harmful Vices.....	16½		
Healing Agents.....	2½		
Effective Use of Medical Science.		63½	8.65
Cults and Quackery.....	19½		
Historical Aspects.....	16½		
Medicine Today.....	20		
Physician.....	7½		
Environmental Factors.....		30	4.08
Natural.....	7		
Sunshine and Light.....	16½		
Ventilation.....	6½		
Glands of Internal Secretion.....		1	.14
Growth and Development.....		126	17.15
Exercise and Relationship.....	14		
Nutrition.....	54		
Structure.....	58		
Health Situation.....		22½	3.06
Present Status.....	21		
Statistics.....	1½		
Heredity.....		11½	1.57
Immunity and Immunization.....		16	2.17
Mental Health.....		48	6.60
Program.....		32½	4.42
Individual.....	14½		
Public.....	18		
Safety.....		11½	1.57

TABLE 6--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Sleep, Rest, and Fatigue.....		24½	3.33
Fatigue.....	10½		
Sleep.....	14		
Social Hygiene.....		55	7.49
Marriage, Before and After.....	11		
Reproduction.....	18½		
Sex Education.....	13½		
Social Traits.....	12		
Special Senses.....		17½	2.38
Ear.....	7½		
Eye.....	10		
Systems of the Body.....		77½	10.55
Alimentary.....	13½		
Circulatory.....	17		
Excretory.....	7		
Integumentary.....	1½		
Muscular.....	3		
Nervous.....	25½		
Respiratory.....	10		
Total.....		734½	100.00

Again "Bodily Disorder" ranked first with 21.31 percent of the total pages. "Growth and Development" followed closely with 17.15 percent, and "Systems of the Body" with 10.55 percent ranked third. The smallest coverage in total pages was devoted to "Glands of Internal Secretion" with only .14 percent of the 734½ pages in the book.

TABLE 7

ANALYSIS OF THE BOOK
LIVING, T. B. RICE*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		140	33.12
Cause and Control.....	1		
Disease.....	104½		
Functional Disturbance.....	25		
Injury and Accident.....	9½		
Clothing.....		2	.47
Drugs, Stimulants, and Narcotics..		10	2.36
Harmful Vices.....	10		
Environmental Factors.....		54½	12.88
Community.....	2½		
Home.....	9½		
Natural.....	7		
Sanitation.....	26½		
School.....	4		
Sociological.....	5		
First Aid.....		½	.12
Growth and Development.....		52½	12.41
Exercise and Relationship.....	4½		
Nutrition.....	25½		
Stages of Growth.....	4½		
Structure.....	18		
Health Situation.....		9	2.13
Statistics.....	9		
Mental Health.....		37½	8.87
Program.....		8	1.89
Public.....	8		
Safety.....		10	2.36

*Chicago: Scott, Foresman and Company, 1940.

TABLE 7--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Sleep, Rest, and Fatigue.....		15½	3.66
Fatigue.....	8½		
Sleep.....	7		
Social Hygiene.....		38½	9.10
Marriage, Before and After.....	23½		
Reproduction.....	8		
Sex Education.....	7		
Special Senses.....		8½	2.01
Eye.....	8½		
Systems of the Body.....		36½	8.62
Circulatory.....	8		
Excretory.....	4½		
Integumentary.....	15		
Nervous.....	6½		
Respiratory.....	2½		
Total.....		423	100.00

About one-third of the pages in the textbook was devoted to the topic "Bodily Disorder." "Environmental Factors" and "Growth and Development" ranked in second and third places respectively, with 12.88 percent and 12.41 percent of the total pages. With fourteen topics considered, 58.41 percent of the total coverage was allotted to the three topics mentioned above. "First Aid" with .12 percent and "Clothing" with .47 percent were allowed the least coverage.

TABLE 8

ANALYSIS OF THE BOOK
INTRODUCTION TO HEALTH EDUCATION, J. R. SHARMAN*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		6	2.59
Disease.....	5 $\frac{1}{2}$		
Functional Disturbance.....	$\frac{1}{2}$		
Dental Hygiene.....		$\frac{1}{2}$.21
Drugs, Stimulants, and Narcotics. Harmful Vices.....	3	3	1.29
Effective Use of Medical Science. Medicine Today.....	1 $\frac{1}{2}$	1 $\frac{1}{2}$.65
Environmental Factors.....		37	15.95
Community.....	15 $\frac{1}{2}$		
School.....	21 $\frac{1}{2}$		
Growth and Development.....		41	17.67
Exercise and Relationship.....	15		
Nutrition.....	26		
Health Service.....		18 $\frac{1}{2}$	7.97
School.....	18 $\frac{1}{2}$		
Health Situation.....		9 $\frac{1}{2}$	4.09
Present Status.....	9 $\frac{1}{2}$		
Mental Health.....		21	9.05
Program.....		61 $\frac{1}{2}$	26.51
School.....	61 $\frac{1}{2}$		
Safety.....		25	10.78
School Personnel.....		3 $\frac{1}{2}$	1.51
Teacher.....	3 $\frac{1}{2}$		
Sleep, Rest, and Fatigue.....		1	.43
Rest.....	1		

*New York: A. S. Barnes and Company, 1948.

TABLE 8--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Special Senses.....	1½	1½	.65
Eye.....			
Systems of the Body.....	1½	1½	.65
Integumentary.....			
Totals.....		232	100.00

"Program" received the most coverage with 26.51 percent of the total 232 pages dealing with this topic. "Growth and Development" ranked second, followed closely by "Environmental Factors." "Bodily Disorder" which has consistently ranked first, or among the leading topics in total coverage, was devoted to only six pages, or 2.59 percent, of the total. Five topics were covered by less than one percent of the total pages. They were: "Dental Hygiene," .21 percent; "Sleep, Rest, and Fatigue," .43 percent; "Effective Use of Medical Science," "Special Senses," and "Systems of the Body," each with .65 percent of the total coverage.

TABLE 9

ANALYSIS OF THE BOOK
A COLLEGE TEXTBOOK OF HYGIENE, D. F. SMILEY AND A. G. GOULD*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....	22 50	96½	20.27
Cause and Control.....			
Disease.....			

*3rd ed.; New York: The Macmillan Company, 1940.

TABLE 9--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Functional Disturbance.....	24½		
Dental Hygiene.....		16½	3.47
Drugs, Stimulants, and Narcotics. Harmful Vices.....	15	15	3.15
Effective Use of Medical Science. Cults and Quackery.....	5½	50	4.20
Medicine Today.....	6½		
Physician.....	8		
Environmental Factors.....		11	2.31
Ventilation.....	11		
Glands of Internal Secretion.....		27	5.67
Growth and Development.....		55	10.97
Exercise and Relationship.....	21		
Nutrition.....	19½		
Structure.....	14½		
Health Situation.....		49½	10.40
Future Problems.....	14½		
Historical Aspects.....	12		
Present Status.....	23		
Heredity.....		14	2.94
Immunity and Immunization.....		24	5.04
Mental Health.....		33	6.93
Program.....		17½	3.68
Community.....	12		
Public.....	5½		
Sleep, Rest, and Fatigue.....		14	2.94
Sleep.....	14		
Social Hygiene.....		32½	6.84
Reproduction.....	22		
Sex Education.....	10½		

TABLE 9--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Special Senses.....		15	3.15
Ear.....	4½		
Eye.....	10½		
Systems of the Body.....		35½	8.02
Alimentary.....	5½		
Circulatory.....	3½		
Excretory.....	3½		
Muscular.....	3		
Nervous.....	14½		
Respiratory.....	5½		
Totals.....		476	100.00

"Bodily Disorder" again was allowed the most extensive coverage with 20.27 percent of the total pages. "Growth and Development" ranked second with 10.97 percent followed closely by "Health Situation" with 10.40 percent of the total coverage. "Environmental Factors" with 2.31 percent and "Heredity" and "Sleep, Rest, and Fatigue," each with 2.94 percent of the total pages were devoted the least coverage in terms of number of pages.

TABLE 10

ANALYSIS OF THE BOOK
SCHOOL HEALTH AND HEALTH EDUCATION, C. E. TURNER*

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Bodily Disorder.....		41½	9.89
Cause and Control.....	4½		
Disease.....	23		

*St. Louis: The C. V. Mosby Company, 1947.

TABLE 10--Continued

Topics Treated	Number of Pages	Total Pages	Percent of Total Pages
Functional Disturbance.....	14		
Dental Hygiene.....		4	.95
Effective Use of Medical Science. Physician.....	1½	1½	.36
Environmental Factors.....		32	7.63
Community.....	1		
School.....	31		
Glands of Internal Secretion.....		1½	.36
Growth and Development.....		26	6.20
Exercise and Relationship.....	8		
Nutrition.....	6		
Stages.....	2½		
Structure.....	9½		
Health Service.....		26½	6.32
School.....	26½		
Health Situation.....		20½	4.89
Present Status.....	20½		
Immunity and Immunization.....		½	.12
Mental Health.....		3½	.83
Program.....		210	50.06
Public.....	29		
School.....	181		
Safety.....		21½	5.12
School Personnel.....		30½	7.27
Administrator.....	5½		
Nurse.....	2		
Teacher.....	23		
Totals.....		419½	100.00

"Program" was treated most extensively with 50.06 percent of the total pages devoted to this topic. "Bodily Disorder" with 9.89 percent ranked second, and "Environmental Factors" ranked third with 7.63 percent of the total pages. "Immunity and Immunization" with one-half page, or .12 percent, was given the minimum coverage for recognition in the analysis. Four other topics were allowed less than 1 percent of the total pages. They were: "Effective Use of Medical Science" and "Glands of Internal Secretion," each receiving .36 percent of the total; "Mental Health" with .83 percent; and "Dental Hygiene" with .95 percent of the pages.

CHAPTER III

SUMMARY AND CONCLUSIONS

The following table compares the analyses of the ten individual college textbooks on health education so the reader may have an over-all view of the comparative coverage by the various authors.

The material in the ten textbooks analyzed was classified under a total of twenty-one different topics. The books varied in number of topics covered from eleven to eighteen. There were three topics which were considered in all of the books. These were "Bodily Disorder," "Environmental Factors," and "Growth and Development." Considered in nine of the books were "Health Situation," "Mental Health," and "Systems of the Body." The topic considered in the least number of books was "First Aid," which was covered in two books. "Clothing" and "School Personnel" were covered in three of the books, and "Health Service" in four.

From the standpoint of number of pages devoted to the individual topics in each of the ten textbooks, "Bodily Disorder" ranks first in six of the books; "Program" in two of the books; "Growth and Development" in one book; and

TABLE 11

COMBINED ANALYSIS OF THE TEN COLLEGE
HEALTH EDUCATION TEXTBOOKS*

Topics Treated	A	B	C	D	E	F	G	H	I	J	Total Pages	Percent of Total Pages
Bodily Disorder....	29½	5	13½	34	...	96½	1	...	22	4½	892	18.33
Cause and Control	30½	66½	48	30	78	...	104½	5½	50	23		
Disease.....												
Functional Dis-	42½	19½	36	...	3	39½	25	½	24½	14		
turbance.....	11	...	4½	20½	9½		
Injury.....												
Clothing.....	...	2	9	2	13	.27
Dental Hygiene.....	10	7½	9	...	27	12½	...	½	16½	4	87	1.79
Drugs, Stimulants, and Narcotics.....												
Harmful Vices.....	31½	14	9½	4½	...	16½	10	3	15	...	111	2.28
Healing Agents.....	4½	2½		
Effective Use of Medical Science.....												
Cults and Quackery.....	9½	19½	5½	...	116½	2.39

*A--H. S. Delhl, A Textbook of Healthful Living; B--M. L. Etheredge, Health Facts for College Students; C--C. P. Hickman, Physiological Hygiene; D--T. B. Kirkpatrick and A. F. Huettnet, Fundamentals of Health; E--C. V. Langton, Orientation in School Health; F--F. L. Meredith, Hygiene; G--T. Rice, Living; H--J. R. Sharman, Introduction to Health Education; I--D. F. Smiley and A. D. Gould, A College Textbook of Hygiene; J--C. E. Turner, School Health and Health Education.

TABLE 11--Continued

Topics Treated	A	B	C	D	E	F	G	H	I	J	Total Pages	Percent Of Total Pages
Historical Aspects.....	16½	...	1½		
Medicine Today...	14½	...	6	20	6½	...		
Physician.....	7½	8	1½		
Environmental Factors.....	29½	12	2½	15½	...	1	462	9.49
Community.....	...	11	9½		
Home.....	22	7	6		
Natural.....	6½	26½	21½		
Sanitation.....	...	1½	108½	...	4	31		
School.....	5		
Sociological.....		
Sunshine and Light.....	9	...	56½	16½	11	...		
Ventilation.....	5	...	36	6½		
First Aid.....	...	22	½	22½	.45
Glands of Internal Secretion.....	20½	9½	6½	24	...	1	27	½	89	1.81
Growth and Development.....	14½	775	15.92
Evolution.....		
Exercise and Relationship.....	8½	...	5½	28½	...	14	4½	15	21	8		
Nutrition.....	47½	32	61½	90	52½	54	25½	26	19½	6		
Stages of Growth. Structure.....	28½	12	18½	46	3	...	4½	2½		
	8	11	58	18	...	11½	9½		

TABLE 11--Continued

Topics Treated	A	B	C	D	E	F	G	H	I	J	Total Pages	Percent of Total Pages
Health Service.....	...	3	98	2.01
Industrial.....	...	5
Public.....	44	18	...	26
School.....
Health Situation....	17	...	1	14	...	234	4.82
Future Problems....	...	5
Historical As-	21	12
pects.....	24	9	11	33	...	21	...	9	23	20
Present Status....	1
Statistics.....
Heredity.....	5	9	10	37	...	11	14	...	88	1.81
Immunity and
Immunization.....	20	4	11	28	29	16	24	...	134	2.75
Mental Health.....	20	25	25	28	...	48	37	21	33	3	242	4.99
Program.....	390	8.91
Community.....	12
Individual.....	6	14
Public.....	13	38	18	8	61	5	29
School.....	3	181
Safety.....	57	11	10	25	...	21	125	2.58
School Personnel...	93	1.91
Administrator....
Custodian.....

TABLE 11--Continued

Topics Treated	A	B	C	D	E	F	G	H	I	J	Total Pages	Percent of Total Pages
Nurse.....	25½	3½	...	2	86	1.77
Teacher.....	25½	3½	...	23		
Sleep, Rest, and Fatigue.....	4	3	1½	3	...	10½	8½	1		
Fatigue.....	1	1½		
Rest.....	4	6	7	14	7	...	14	270	5.56
Sleep.....		
Social Hygiene....	...	13½	...	4½	...	11	23½		
Marriage, Before and After.....	16	17	19	24	...	18½	22	...		
Reproduction....	20	...	11	19½	...	13½	7	...	10½	...	130½	2.68
Sex Education...	12		
Social Traits...		
Special Senses....	5½	4½	3	...	14	17½	4½	...		
Ear.....	19½	12½	7	...	22	10	8½	1½	10½	...	406	8.34
Eye.....		
Systems of the Body.....	9	1½	13½		
Alimentary.....	...	12	27½	12	1	17	8	...	3½	...		
Circulatory.....	...	1½	10½	15½	...	7	4½	...	3½	...	4,867½	100.00
Excretory.....	8½	7½	15	1½	15	1½		
Integumentary...	...	8	10	9	1½	3	3	...		
Muscular.....	...	8½	14½	14	3	25½	16½	...	14½	...		
Nervous.....	...	10	17	33	4½	10	2½	...	5½	...	4,867½	100.00
Respiratory.....	518	420½	480	551	613	734½	423	232	476	419½		
Totals.....		

"Environmental Factors" in one book. The topics devoted to the least number of pages varied through eleven different areas and included "Heredity," "Clothing," "Effective Use of Medical Science," "Program," "Sleep, Rest, and Fatigue," appearing twice, "Systems of the Body," "Glands of Internal Secretion," "First Aid," "Dental Hygiene," "Environmental Factors," and "Immunity and Immunization."

There were $4,867\frac{1}{2}$ pages in the ten textbooks with the individual books varying from 232 to $734\frac{1}{2}$ pages. The topic to which the greatest number of pages was devoted was "Bodily Disorder" with 892 pages, or 18.33 percent of the total pages. "Growth and Development" ranked second with 775 pages, or 15.92 percent. The next three places were grouped closely with "Environmental Factors" ranking third with 9.49 percent of the total pages, "Program" in fourth place with 8.91 percent, and "Systems of the Body" in fifth position with a percentage of 8.34.

The topic to which the least number of pages was devoted was "Clothing" with .27 percent of the total pages. "First Aid" ranked twentieth with .45 percent of the total pages, followed by "Sleep, Rest, and Fatigue" in nineteenth place with 1.77 percent. "Dental Hygiene" was in eighteenth place with 1.79 percent, and "Heredity," in seventeenth place with 1.81 percent.

The middle topic in order of coverage was "Safety" in eleventh position with 2.58 percent. Ranking in tenth place was "Special Senses" with 2.68 percent. In ninth place with 2.75 percent was "Immunity and Immunization." The next three places were grouped fairly close together with "Health Situation" in eighth place with a percentage of 4.82, "Mental Health" with 4.99 percent in seventh place, and in sixth place, with a percentage of 5.56, was "Social Hygiene." The percentages of the topics in positions twelve through sixteen were closely grouped, falling within a range of .73 of 1 percent.

The topic ranking twelfth was "Effective Use of Medical Science" with 2.39 percent. "Drugs, Stimulants, and Narcotics" ranked thirteenth with 2.28 percent. In fourteenth place, "Health Service" had 2.01 percent. With 1.91 percent "School Personnel" ranked fifteenth. "Glands of Internal Secretion" was sixteenth in rank with a percentage of 1.81.

The fact that textbooks dealing with both hygiene and administrative problems were included in the analysis must be taken into consideration in making conclusions. Certain areas received greater emphasis in those books dealing more with the science of health than in those primarily concerned with administrative techniques. Those books dealing with administrative techniques emphasized different topics than did the books concerned with the hygiene aspects. This

is to be expected and even so the analysis shows that "Bodily Disorder" was considered by both types in a substantial manner in nine of the ten books. A fair percentage of space in all the textbooks was devoted to "Growth and Development." From the evidence presented in this study the conclusion might be made that these two areas which between them cover over one-third of the total pages are of prime importance in health education regardless of the approach taken. The importance of "Environmental Factors" is evidenced by coverage in all ten of the books even though the average is not so extensive as "Bodily Disorder" and "Growth and Development."

An area which has achieved much status in the last ten years and promises to command more attention in the future is "Mental Health." This topic was treated in nine books and ranked seventh in total number of pages.

"Social Hygiene" is another area which is receiving much attention today and some interesting conclusions may be drawn from the analysis in its regard. The topic was covered in only seven of the ten textbooks yet ranked sixth in total pages indicating that those textbooks which covered the topic evidently devoted a fair share of pages to its treatment.

At present there is a great deal of concern about the growing problem of drugs and narcotic addiction among our

high school youth. In the analysis, the topic, "Drugs, Stimulants, and Narcotics" was covered in eight of the ten textbooks with a total of 2.28 percent of the total pages and a ranking of thirteenth in order of total coverage. This area is going to have to be dealt with more extensively if this growing problem is to be combatted in a satisfactory manner. College students and certainly prospective teachers should be equipped to carry a knowledge of this subject into their communities and present it to their students in a helpful manner. This might lead to the conclusion that the subject will probably be dealt with to a greater extent in the near future, more extensively than is suggested by this analysis.

As a final conclusion, the topic, "First Aid" might reveal some implications in regard to the expanding field of health education. In this analysis, it ranked next to the last so far as total pages are concerned. This position might suggest one of two things: either "First Aid" is not as important as it once was considered; or it has assumed a position of importance that makes it a course in itself. In the writer's opinion, the latter is the case. Not too many years ago the health teaching consisted mostly of "First Aid" with a few other areas included. As knowledge of and attitude toward health grew, the present health education curriculum evolved with "First Aid" as an individual

course along with the health education course. Certainly a health education course will touch on the area since there is a definite relationship between "First Aid" and "Health," but the subject will not be separated in the health education course and studied as a separate unit. It will be applied as the situation demands in the health education course with the students who have a special interest in health education getting a more detailed background in the regular "First Aid" course.

Just as this breakdown is evidenced in "First Aid," the writer feels the health education course as such is going to be divided further as its importance is realized. "Safety" is another topic which brings out this point in the analysis. The topic is now a separate course in the health education area. The contention is not that this study indicates the general health course will be eliminated, far from it. Instead the entire area of health education is being expanded and with the expansion is bound to come, specialization. The general health education course is going to have to be defined and limits established if the subject is going to be presented and absorbed in a satisfactory manner.

BIBLIOGRAPHY

Books

- Deihl, Harold S. Textbook of Healthful Living. New York and London: McGraw-Hill Book Company, Inc., 1945.
- Etheredge, Maude Lee. Health Facts for College Students. 5th ed.; Philadelphia and London: W. B. Saunders Company, 1947.
- Hickman, Cleveland Pendleton. Physiological Hygiene. 3rd ed.; New York: Prentice-Hall, Inc., 1950.
- Kirkpatrick, T. Bruce, and Huettnner, Alfred F. Fundamentals of Health. Boston: Ginn and Company, 1941.
- Langton, Clair V. Orientation in School Health. New York: Harper and Brothers, 1941.
- Meredith, Florence L. Hygiene. 3rd ed.; Philadelphia: The Blakiston Company, 1941.
- Rice, Thurman. Living. Chicago: Scott, Foresman and Company, 1940.
- Sharman, J. R. Introduction to Health Education. New York: A. S. Barnes and Company, 1948.
- Smiley, Dean Franklin, and Gould, Adrian Gordon. A College Textbook of Hygiene. 3rd ed.; New York: The Macmillan Company, 1940.
- Turner, C. E. School Health and Health Education. St. Louis: The C. V. Mosby Company, 1947.

Unpublished Material

- Steinheimer, Everett Joseph. "An Analysis of Textbooks and Periodical Literature Purporting to Deal with the Administration of Physical Education." Unpublished Master's thesis, Department of Physical Education, University of Iowa, 1934.